

The media and obstetrics - further ideas for informatory courses offered by hospitals as an alternative

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Medical information of the patient is exceeding the pure transmission of facts and data. It's influencing the patients attitude towards his health status as well as his faith in the physician and his practice. Incorrect information can directly or indirectly prove to be detrimental to his health. Physicians therefore should offer their patients informations representing an alternative to the medical reports of the mass media. Also the media are likely to be motivated by commercial interests or by other parties for whom the health of patients may not always be compatible with their own interests. Therefore the University Women Hospital of Tübingen is regularly offering widespread educative courses to would be mothers and fathers.

- 1) Read-course, theoretical preparation for childbirth by means of 4 lessons of 90 minutes each (100 -120 participants). This course is conducted in the Women Hospital. Talks are given on the topics pregnancy, childbirth, alleviation of pain during childbirth and childbed. Also the participants are shown a labour room, this inspection being conducted for smaller groups.
- 2) One evening of information in the course of infant-care-courses (10 - 20 participants) conducted at the residence of the participants. On one of the evenings of the course a physician is talking about pregnancy and childbirth. Slides are shown to illustrate the various topics.
- 3) Information in the course of gymnastic courses for pregnant women (5 - 15 participants). After each lesson the participants for 10 - 15 min are given the chance to put questions about pregnancy and childbirth to a clinician. As an alternative a special evening of information including the inspection of a labour room is offered.
- 4) Training courses for course leaders (5 - 15 participants) are completing the informations offered. In our opinion these course leaders do infect influence the pregnant women to a high degree. That is why we regularly offer them informative courses on acute obstetric problems critically discussed by experienced obstetricians.

Our clinic is regularly issueing an informative letter

announcing all those courses to the prgnant women. Also, the courses are being conducted of various places near the patient's residences and furthermore, by covering a great variety of informations they have been adapted to the distinct informative needs of the pregnant women. In 1980 45% of the pregnant women of our hinterland had attended at least one of the above courses. By means of the courses the anxieties and fears of childbirth are to be reduced in the sense of Read. Further the confidence and faith in the physicians and hospitals should be strengthened.

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